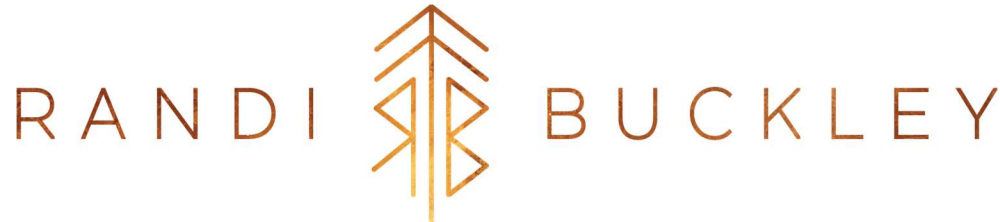


Another word for boundaries? Graces. I have them in this work so you can know what to expect, honor relationships, and have folks honor you. Boundaries are values in action. We'll start our container with values being honored and turned into verbs. Boundaries are also expectation management. Safety is created when we know what we can expect and count on from each other and have that play out.



Group Graces for the Healthy Boundaries for Kind People® Community and Forum by Randi Buckley, Mentor and Master Coach

(If you have any questions, please ask. I am happy to offer clarification- that helps all of us.)

Our community and forum is a place for HBfKP participants share their insights, challenges, stories, updates, projects, and the like. It's your forum. I want it to be a soft landing for whatever you've got.

It's also a great place to get support from your coach and from me!

Healthy Boundaries are more likely to be honored when we are clear about our needs and requests. (I'm going to be doing quite a bit of modeling in this course.)

Here are mine for this group:

- Confidentiality. What is written, spoken, said, shared in our community, stays here. As the settings to the group are set to 'private' only members of the group can see what is shared here. And we'll make sure it stays that way, for everyone.
- Respect. It's the bottom line. Please treat others' comments, questions, concerns, and the like, with respect. Also, please treat your own comments, questions, concerns, and the like, with respect. This is a safe place to ask and to share.
- Please be kind. I can't think of any reason not to be.
- Witness. Sometimes we're not looking for advice but rather for someone to hear and/or believe in us. Unsolicited advice can be a violation of one's boundaries. (Being that I am specifically offering insight and suggestions around HBfKP, I, and HBfKP-trained coaches will be offering some advice.) Game-changer? When someone ASKS for support or advice. Big difference!
- Compassion. It is grace in action. Like you. Please hold space with love and respect for someone else's experience, even if it differs from your own or not one you relate to. Compassion.
- If you are an HBfKP alum or have been a part of my other coaching groups, please let yourself be present here when you are here. If your thoughts or ideas are evolving from where they were, let them.

I'm holding you as you are here and working with what is present and what shows up for you now. Everyone is new in this session of the course. Build on your experience and be open and receptive to the constellation of peers and the new ideas and experiences of others and your own.

- HBfKP is not a substitute or alternative for mental health care. While the work can be pretty dang powerful, it is different than what might best serve some people. If you have any questions about this, please contact me privately and we can talk about it. I want you to be best served in the best possible way for whatever you need right now.

- This is a pitch-free zone. Your services are awesome, but here we just get to be people. I might share opportunities I think are in support of this work, but we'll pass on the soliciting.

- Integrity- Respect includes being respectful of the ideas and intellectual property of others. This is my work and my livelihood. If there is anything here that you'd like to use elsewhere, please contact me first for permission. I have very healthy boundaries around my work and make great efforts to cite and name inspiration and sources. That's important to me. The confidentiality guideline extends to intellectual property. If you have ANY questions, please ask. I respect that. The content and ideas in this course are my livelihood. Please do not sell them, thanks! Sharing ideas= cool! I want folks to learn these new ways, but if you are interested in teaching them for profit, please consider my HBfKP Coach and Facilitator Training. It's a blast and makes making money off these concepts ethical.

- Contribute. The group is what you make it. I want to make it a soft place to land. All our contributions will be unique to who we are as people. While there is no requirement to "share" or interact, you are encouraged and welcome to do so. It's a powerful thing.

- You can be you. You don't have to sound like you have it all together (especially if you're a coach, counselor, priest, therapist, doctor, or caregiver). We're all human. Allow yourself that humanity.

- Conflict. As humans, it's likely we'll experience conflict within ourselves or others. How do we want to be with or hold conflict? What can we count on from you when you feel conflict? What would you like to count on from us? Without bottom line of respect, repair, healing, and deeper understanding are possible. Consider this and please contribute your feelings during our first meeting.

- I might add more graces, as needed or desired. You can do this with healthy boundaries!

If there is anything you would like to request, outside of what is mentioned here, please do so within the group. It's your group and I want it to work for you!

Talk soon!

With gratitude,

Randi